



# နပျာမသကိးတၢ်ဖိ မ့ၢ်အိၣ်ဒီး COVID-19 န့ၣ် နကဘၣ်မၤ မနုၤလဲၣ်

လၢယူၤလံ ၂၀၂၀

တၢ်မ့ၢ်သ့ၣ်ညါဘၣ်လၢ ပျာမသကိးတၢ်ဖိတၢ်အိၣ်ဒီး COVID-19 တၢ်ဆါန့ၣ် ဒုးကဲထီၣ် တၢ်သ့ၣ်ကိၢ်သးဂၤသ့ဝဲ ဘၣ်ဆၣ် ကျဲအိၣ်အါမၤလၢ နကအိၣ်ပူၤဖျးဒီးတၢ်ဘၣ်ယီၣ်န့ၣ်လီၤ. တၢ်န့ၣ်ကျဲအိၣ် ဘၣ်ထွဲဒီးပျာမသကိးတၢ်ဖိ ဘၣ်ဆၣ် တၢ်န့ၣ်ကျဲလီၤတၢ်လီၤဆိဆိအံၤ တၢ်ကထာန့ၣ်ပူၤထီၣ်အီၤ လၢပျာမသကိးတၢ်ဖိတဖၣ် ဖဲတၢ်မၤလီၤလီၤဆိဆိအံၤ, နအမ့ၢ် ပျာမသကိးတၢ်ဖိလၢ အဖဲးတၢ်မၤတၢ်ဖိ တၢ်မၤလီၤလီၤ အဘၣ်အိၣ်ဖှိၣ်လိာ်သးတပူၤယီၤ ဒီး ပျာမသကိးတၢ်ဖိတဖၣ်လၢ အဘၣ်ကွၢ်ထွဲ တၢ်သ့ၣ်ထီၣ်ဘီၣ်လီၤ အကါဒိၣ်တဖၣ်န့ၣ်လီၤ.

## ယပျာမသကိးတၢ်ဖိ မ့ၢ်ဒီးန့ၣ်ဘၣ် တၢ်ဆါန့ၣ် ယကသ့ၣ်ညါအီၤန့ၣ်လဲၣ်.

နပျာမသကိးတၢ်ဖိ ကတဲဘၣ်န့ၣ်လီၤလီၤ, နတၢ်မၤကစၢ်ကတဲဘၣ်န့ၣ်, မ့တမ့ၢ် နကဒီးန့ၣ်ဘၣ် တၢ်ကိးလိာ်စိလၢ ဆူၣ်ချ့ဝဲကျဲအိၣ် ဖဲနမ့ၢ်အိၣ်ဘူးဘၣ်ဒီး ပျာမသကိးတၢ်ဖိလၢ အအိၣ်ဒီး တၢ်ဆါယၢ်တၢ်န့ၣ်လီၤ.

ဖဲန့ၣ်ဘၣ်သ့ၣ်သ့ၣ် တၢ်ကဟ့ၣ်ကမၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ ဒီး တၢ်ဘၣ်ယီၣ်ဘၣ်ယး COVID-19 လၢပျာမသကိးတၢ်ဖိအကျါန့ၣ်လီၤ. သ့ၣ်နီၣ်လၢ နကဒီး နပျာမသကိးတၢ်ဖိလၢ အပျာဒီး တၢ်ယူၤယီၣ်ဟံၣ်ကဲ ဒီး တၢ်ဟံၣ်ခူသ့ၣ်အပူၤတက့ၢ်.

## ဘၣ်မနုၤအယီၤလၢ ဆူၣ်ချ့ဝဲကျဲ ကကိးယၢ်လဲၣ်.

ဖဲပျာတၢ်ဒီးန့ၣ်ဘၣ် COVID-19 တၢ်ဆါအခါန့ၣ်, ဆူၣ်ချ့ဝဲကျဲအိၣ် ဆဲးကျိးအဝဲသ့ၣ် ဒ်သိးကသ့ၣ်ညါဘၣ် ပျာလၢအအိၣ်ဘူးတၢ်ဒီးအီၤ ဖဲတၢ်ဆါဘၣ်ကတဲဘၣ် အဆၢတကီၢ် (စးထီၣ်လၢ တချုးတဆါပနီၣ်ကဲထီၣ်သး ၂ သီ မ့တမ့ၢ် ပျာလၢတအိၣ်ဒီး တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ်အကီၢ် တချုးလၢတၢ်မၤကွၢ်အစၢဖျါထီၣ်လၢ အဒီးန့ၣ်ဘၣ်တၢ်ဆါယၢ် ၂ သီ) န့ၣ်လီၤ. တၢ်အိၣ်ဘူးအဒိပညီန့ၣ် တၢ်အိၣ်ဘူးလိာ်သးလၢ ၆ ပုၣ် တၢ်ဒုၣ်စၢၤအပူၤ လၢအစၢၤကတၢ် ၁၅ မဲးနဲးန့ၣ်လီၤ. ဆူၣ်ချ့ဝဲကျဲအိၣ် ကဆဲးကျိး ပျာလၢအအိၣ်ဘူးဒီးပျာဒီးန့ၣ်တၢ်ဆါယၢ်သ့ၣ်တဖၣ် ဒ်သိးကသမံသမိးမၤကွၢ် COVID-19 အတၢ်ဘၣ်ယီၣ် ဒီး ဟ့ၣ်လီၤတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယး တၢ်ကအိၣ်လၢဟံၣ် ဒီး တၢ်အကါဒိၣ်လၢ တၢ်ကမၤကွၢ်သးအကီၢ်လီၤ.

## ယကဘၣ်အိၣ်ပတုၣ်လဲၤတၢ်မၤ ဒီး အိၣ်လီၤလီၤဆိဆိလၢဟံၣ် အခါဖဲလဲၣ်.

နမ့ၢ်အိၣ်ဘူးဒီးပျာတၢ်ဂၤလၢ အဒီးန့ၣ်ဘၣ် COVID-19 ဖဲအဘၣ်ကတဲဘၣ်ကတီၢ်န့ၣ်, နကြး [အိၣ်လီၤလီၤဆိဆိ](#) လၢ ၁၄ သီန့ၣ်လီၤ. မ့ၢ်နံၤ “ဝ” န့ၣ် မ့ၢ်မ့ၢ်နံၤ အလီၢ်ခံကတၢ်တနံၤလၢ နအိၣ်ဘူးဒီးပျာအဝဲန့ၣ် န့ၣ်လီၤ. ဒီးသန့ထီၣ်သးလၢ နတၢ်ဖဲးတၢ်မၤ ဒီးနတၢ်သ့တၢ်ဘၣ်အဖိခိၣ်န့ၣ်, တၢ်အိၣ်လီၤလီၤဆိဆိအံၤ ဘၣ်သ့ၣ်သ့ၣ် ကအိၣ်ဒီး တၢ်ကွၢ်ကဟံၣ်ကွၢ်တနီၤန့ၣ်လီၤ. ဆူၣ်ချ့ဝဲကျဲအိၣ် ကဟ့ၣ်လီၤနၤ တၢ်န့ၣ်ကျဲလီၤလီၤဆိဆိတဖၣ် ဒီး ဆူၣ်ညါတပတီၢ်လၢ နကဘၣ်မၤအီၤအကီၢ်န့ၣ်လီၤ.

နဆဲးကျိးနဆူၣ်ချ့ပျာကွၢ်ထွဲတၢ်ဖိ ဘၣ်ယး တၢ်ကဒီးန့ၣ် တၢ်မၤကွၢ်အကီၢ် မ့တမ့ၢ် နကမၤကွၢ်နသးလၢ တၢ်အိၣ်လီၤလီၤဆိဆိ ၇ သီဝံၤအလီၢ်ခံ ဖဲနမ့ၢ်အိၣ်ဒီး တၢ်ဆါပနီၣ်တဖၣ်အခါန့ၣ်လီၤ. တၢ်ယုထၢတခါအံၤ တမ့ၢ်လၢပျာလၢ အဖဲးတၢ်မၤတၢ် ဘူးဘူးတၢ်တၢ်သ့ၣ်တဖၣ်အကီၢ်ဘၣ် မ့ၢ်လၢအဝဲသ့ၣ်န့ၣ် အိၣ်ဒီးတၢ်ဘၣ်ယီၣ် ဒိၣ်ဒိၣ်မ့ၢ်မ့ၢ်လၢ ကရၤလီၤ COVID-19 တၢ်ဆါဆူ ပျာလၢအဒီးန့ၣ်ဘၣ်တၢ်ဆါ ညီသ့ၣ်တဖၣ် ဒ်အမ့ၢ် ပျာလၢအအိၣ်ဘူးကွၢ်ထွဲပျာ ဒီး တၢ်ဒုးယၢ်အလီၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ. တၢ်မ့ၢ်မၤကွၢ်နၤလၢ နတအိၣ်ဒီး တၢ်ဆါယၢ်ဘၣ်ဒီး, နပတုၣ်ဆိ တၢ်အိၣ်လီၤလီၤဆိဆိ ဒီး နက့ၤန့ၣ်လီၤတၢ်မၤသ့ဝဲန့ၣ်လီၤ.

ပျာလၢအအိၣ်ဘူးတဖၣ်ဒီး ပျာလၢအအိၣ်ဒီးတၢ်ဆါယၢ် ခံဂၤလၢအကီၢ် – နတၢ်မၤကစၢ်အံၤ တကြးယုဝဲဒၣ် တၢ်မၤကွၢ်လၢ တအိၣ်ဒီး COVID-19 မ့တမ့ၢ် လံာ်ပရၤလၢ ဆူၣ်ချ့ဝဲကျဲအိၣ်ဘၣ်. ဆူၣ်ချ့ဝဲကျဲအိၣ် တဟ့ၣ်လီၤ လံာ်ပရၤလၢ အဟံၣ်ဖျါထီၣ်ဝဲဒၣ် နက့ၤန့ၣ်လီၤတၢ်မၤသ့ဘၣ်.

နမ့ၢ်တအိၣ်ဘူးဒီးပျာလၢ အအိၣ်ဒီး COVID-19 ဖဲအဘၣ်ကတဲဘၣ်ကတီၢ်န့ၣ်, တလိာ်လၢ နအိၣ်လီၤလီၤဆိဆိဘၣ် ဒီး နလဲၤတၢ်မၤသ့ဝဲန့ၣ်လီၤ.

## ယကြးသ့ၣ်ညါဘၣ်ယး COVID-19 အဂ့ၢ်အကျိၤအဂၤအိၣ်မနုၤလဲၣ်.

- ပျာတဂ့ၢ်မ့ၢ်အိၣ်ဒီး ကလုာ်န့ၣ်အတၢ်လီၤစၢၤ မ့တမ့ၢ် ကလုာ်န့ၣ် လီၤဆိသန့ကွၢ်, တၢ်ဆါယၢ်န့ၣ် ဒုးဆိကွၢ်အီၤသ့န့ၣ်လီၤ. တၢ်ပျံၤ မ့တမ့ၢ် တၢ်သ့ၣ်ကိၢ်သးဂီၤလၢ COVID-19 အဂ့ၢ်အံၤ ဒုးကဲထီၣ် တၢ်ဟးဆဲး မ့တမ့ၢ် တၢ်သမၤကွၢ် ပျာအဂၤသ့ၣ်တဖၣ်လၢ တအိၣ်ဒီး တၢ်ဘၣ်ယီၣ်လၢ ကရၤလီၤတၢ်ဆါယၢ်သ့ၣ်တဖၣ် သ့ဝဲန့ၣ်လီၤ.

Karen

- ပုလၢအိဉ်ဒီးတၢ်ဆါယၢ်အံၤ ဒုးဘဉ်ကူဘဉ်ကံ ဆိတၢ်ဆါယၢ် လၢအဒုးကဲထီဉ် COVID-19 သုဝဲ တချုးလၢ တၢ်ဆါပနီဉ်ဟဲဖျါထီဉ်ဒီးဘဉ် ၂ သီန့ဉ်လီၤ ဘဉ်ဆဉ်သန့က့, ပုလၢ အအိဉ်ဒီး COVID-19 တနီၤန့ဉ် တအိဉ်ဒီးတၢ်ဆါပနီၤသ့တဖဉ်ဘဉ်.
- COVID-19 နှ် ဘဉ်တၢ်ဆိကမိဉ်ဟံးစၢၤအီၤလၢ အရၢလီၤသး ဒိဖျါ တၢ်အိဉ်ဘူးအိဉ်တၢ်လိာ်သး တဂၤဘဉ်တဂၤ, ဒိဖျါ ထံအဖွံဉ်ဖိသ့တဖဉ် ဖဲပုလၢဒီးန့ဉ်တၢ်ဆါယၢ်တဂၤ ကူး, ကဆဲ မ့တမ့ၢ် ကတိတၢ်အခါန့ဉ်လီၤ. ဟးဆဲးတၢ်ဖိဉ်လီၤ နမဲဉ်ချံ, နနီၤဒုခံ, မ့တမ့ၢ် နကိဉ်ပူၤ ဖဲနတသုယၢၤဘဉ် နစုအခါတက့ၢ်.
- ပံးယၢ် နကိဉ်ပူၤ နနီၤဒုခံ ဒီး [နါဒဲခံဖျါ](#) ဖဲနအိဉ်ဘူးဒီးပုၤအဂၤတဖဉ် လၢနဟံဉ်ချၢအခါတက့ၢ်.
- ဖဲနမ့ၢ်ဒီးန့ဉ်ဘဉ် တၢ်လီၤကိာ်, တၢ်ဂီၢ်ကံ, တၢ်ကူး, တၢ်ကသါတဘျဲ, တၢ်ဘုး, ယုာ်ညဉ်မ့တမ့ၢ်နီဉ်ခိဆါ, ခိဉ်သဉ်သံဆါ, တၢ်ကသါ မ့တမ့ၢ် တၢ်နၢတၢ်နါလီၤမၤ လၢကဲထီဉ်သးသီ, ကိဉ်ယုာ်ပူၤဆါ, ဟၢဖါကျၢၤ, နါဒုအ့ဉ်ထံယွၤ, သးကလဲၤ, ဘျီး မ့တမ့ၢ် ဟၢဖါလူအခါန့ဉ်, အိဉ်လၢဟံဉ် ဒီးလဲၤတၢ်မၤတဂ့ၤ. ဆဲးကျိး နကသံဉ်သရၢလၢ တၢ်မၤကွၢ်အဂီၢ်တက့ၢ်.
- သုစီနစု တလီၤလီၤလၢ ဆးပုဉ် ဒီး ထံလၢ အစဲးကး ၂၀ မ့တမ့ၢ် စူးကါ ကသံဉ်ထံမၤသံတၢ်ဆါယၢ်လၢစုအဂီၢ် လၢအအိဉ်ဒီး သးအစီ ၆၀ မျးကယၢတက့ၢ်.
- ဟးဆဲး တၢ်စူးကါယုာ်တၢ်ဖိတၢ်လံၤတဖဉ် မ့တမ့ၢ် တၢ်မၤသကိးတၢ်လၢတၢ်လီၤတပူၤလီၤ ဒီးပုၤအဂၤတဖဉ် ဒီး [မၤကဆုကဆိတၢ်မၤလီၤ](#) ဂ့ၤဂ့ၤဘဉ်ဘဉ် တချုးလၢ စးထီဉ်တၢ်မၤ ဒီး မၤတၢ်ဝံၤအဆၢကတီၢ်တက့ၢ်.
- ပုလၢအဒီးန့ဉ်ဘဉ်တၢ်ဆါယၢ်သ့တဖဉ်အံၤ တချုးလၢ ဟဲက့ၤန့ဉ်လီၤတၢ်မၤန့ဉ်, ကဘဉ် [အိဉ်လီၤလီၤဆိဆိလၢဟံဉ်](#) တုၤလၢအဝံၤတစုန့ဉ်လီၤ.
- ပုလၢ အအိဉ်လီၤလီၤဆိဆိဝံသ့တဖဉ် မ့တမ့ၢ် ပုလၢအဘဉ်တၢ်ပျဲအီၤလၢ တၢ်အိဉ်လီၤဆိ သ့တဖဉ်အံၤ တဒုးကဲထီဉ် တဘဉ်ကူဘဉ်ကံ အတၢ်ဘဉ်ယိဉ် ဆူပုၤအဂၤတဖဉ်ဘဉ်.
- တၢ်လီၤတၢ်ကျဲလၢ အဘဉ်တၢ်စူးကါတၢ်အီၤ ဒိဖျါ ပုလၢအဒီးန့ဉ်ဘဉ် COVID-19 တတိၤအံၤ [ဖဲတၢ်မၤကဆိဒီးတၢ်မၤသံတၢ်ဆါယၢ်](#) ဝံၤဝဲအခါန့ဉ်, ပုၤအဂၤစူးကါအီၤသ့ဝဲန့ဉ်လီၤ. ပုၤအဝဲန့ဉ် အိဉ်တုၤဖဲတၢ်လီၤအံၤ မ့ၢ်ယၢ် ၇ သီန့ဉ်ဒီး, တလိဉ်လၢ တၢ်မၤကဆိအါထီဉ်န့ဉ် ညီန့ဉ်တၢ်မၤကဆိဒီး တၢ်မၤသံတၢ်ဆါယၢ်ဘဉ်.

## ယယုဒီးန့ဉ်ဘဉ် တၢ်ဂ့ၢ်တၢ်ကျိးဒီးတၢ်ဆိဉ်ထွဲမၤစၢၤကသုဖဲလဉ်.

- [Vermont COVID-19 ပုၤယဲၤသန့](#)
- [COVID-19 တၢ်သံကွၢ်လၢ တၢ်သံကွၢ်အီၤ တလီၤလီၤတဖဉ်](#)
- [နကဘဉ်ကွၢ်ဆၢဉ်မံးဒီး တၢ်ဖဲးတၢ်မၤအတၢ်သ့ဉ်ကိာ်သးဂီၢ်လဲဉ် ဒီး ဒုးအိဉ်ထီဉ်တၢ်သုတူၢ်တၢ်ဖဲ COVID-19 တၢ်ဆါသတြိအခါန့ဉ်](#)
- [ပုၤတဝၢတဖဉ်, ကိဉ်တဖဉ်, တၢ်မၤလီၤတဖဉ်, ဒီး မူးတဖဉ်](#)
- [နမ့ၢ်အိဉ်ဘူးဒီးပုၤလၢ အအိဉ်ဒီး COVID-19 တၢ်ဆါန့ဉ် နကဘဉ်မၤအီၤန့ဉ်](#)
- [တၢ်ကွၢ်ဆၢဉ်မံးဒီးတၢ်သ့ဉ်ကိာ်သးဂီၢ်](#)
- [နကဒီးသဒါလီၤ နနီၤကစၢ်သး ဒီးပုၤဂၤတဖဉ် နီလဉ်](#)

Karen

Learning that a co-worker has tested positive for COVID-19 can be stressful, but there are actions you can take to stay safe. This guidance applies to most people, but more specific guidance may supersede this for employees from certain sectors, such as people who work in congregate living facilities and critical care infrastructure workers.

## How will I know if my co-worker tested positive?

Your co-worker may tell you directly, your employer may tell you, or you may receive a call from the Health Department if you had possible close contact with a co-worker who tested positive.

There may be misinformation circulating and concerns about getting COVID-19 among co-workers. Remember to treat your co-workers with respect and confidentiality.

## Why might the Health Department call me?

When a person tests positive for COVID-19, the Health Department contacts them to find out who they were in close contact with during their infectious period (beginning two days before the start of symptoms or two days before a positive test result for people who did not have symptoms). Close contact means being within 6 feet of each other for at least 15 minutes. The Health Department will follow up with each close contact to assess their risk for COVID-19 and provide information about staying home and the importance of getting tested.

## When would I need to quarantine and stay home from work?

If you **were** in close contact with someone with COVID-19 while they were infectious, you should [quarantine](#) for 14 days. Day 0 is the last day you had contact with that person. There may be some exceptions on quarantine guidance based on your type of employment and staffing capacity. The Health Department will provide you with specific guidance and next steps to take.

You can contact your health care provider about getting tested on or after day 7 of quarantine, if you have had no symptoms. This option is not available to those who work in close congregate settings where there is a high risk of transmitting COVID-19 to vulnerable people, such as assisted living and detention facilities. If your test is negative, you may end quarantine early and go back to work.

For both close contacts and people who tested positive: Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

If you **were not** in close contact with someone with COVID-19 while they were infectious, you may go to work and you do not need to quarantine.

## What else should I know about COVID-19?

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

- People can spread the virus that causes COVID-19 up to two days before they have symptoms. However, some people with COVID-19 do not have any symptoms.
- COVID-19 is thought to spread through close contact from person-to-person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a [mask](#) when around others outside of your home.
- Stay home from work if you develop a fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Contact your health care provider for testing.
- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid sharing items or workspaces with others and thoroughly [clean](#) workspaces prior to working and after you are done for the day.
- People who test positive should not return to work until they have completed [home isolation](#).
- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
- Areas that were used by someone who tested positive for COVID-19 can be used by other people once the areas have been [cleaned and disinfected](#). If it has been seven days since the person was in the area, additional cleaning beyond routine cleaning and disinfection is not necessary.

## Where can I find more information and support?

- [Vermont's COVID-19 Website](#)
- [COVID-19 Frequently Asked Questions](#)
- [How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic](#)
- [Communities, Schools, Workplaces, and Events](#)
- [What to do if you are a close contact of someone who is diagnosed with COVID-19](#)
- [Coping With Stress](#)
- [How to Protect Yourself & Others](#)